

February 1, 2025

Form in a Proper Backhand in Tennis

A proper backhand in tennis is essential for a well-rounded game. Here are some key steps to help you perfect your backhand:

Grip

1. **Eastern Backhand Grip**: Hold the racket with your dominant hand, placing the base knuckle of your index finger on the top bevel of the racket handle.
2. **Two-Handed Backhand**: For a two-handed backhand, place your non-dominant hand above

your dominant hand on the handle, using an Eastern or Continental grip.

Stance

1. **Ready Position**: Stand with your feet shoulder-width apart, knees slightly bent, and weight on the balls of your feet.
2. **Turn and Step**: As the ball approaches, turn your shoulders and hips sideways to the net. Step forward with your front foot (left foot for right-handers, right foot for left-handers).

Swing

1. **Backswing**: Bring the racket back with both hands (for a two-handed backhand) or with your dominant hand (for a one-handed backhand). Keep the racket head up and your eyes on the ball.
2. **Contact Point**: Swing the racket forward, making contact with the ball in front of your body. For a one-handed backhand, extend your arm fully. For a two-handed backhand, keep both hands on the racket and use your non-dominant hand to guide the swing.
3. **Follow Through**: Continue the swing across your body, finishing with the racket over your shoulder. Your body should naturally rotate, and your weight should shift to your front foot.

Tips

- **Stay Relaxed**: Keep your grip and body relaxed to generate more power and control.
- **Footwork**: Good footwork is crucial. Move quickly to position yourself correctly for the shot.
- **Practice**: Consistent practice is key to developing a strong backhand. Focus on technique and gradually increase the intensity of your practice sessions.

By following these steps and practicing regularly, you'll improve your backhand and become a more versatile player on the court.